

October 2023

THE PANOLA EXTENSION

A Monthly Newsletter by the Panola County AgriLife Extension office



Panola County AgriLife Extension Service

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[/PCAgriLife](https://www.facebook.com/PCAgriLife)

UPCOMING EVENTS:

10/1-7: National 4-H Week

10/2: 4-H Council 5:30pm and ALPA 6:00pm Meeting, Extension Office

10/3: Wildlife Seminar, 5:00pm, Marshall

10/10: Project Fair Planning Meeting, 5:00pm, Extension Office

10/11: Diabetes Support Group Meeting, 10:00am, Sammy Brown Library

10/12: 4-H Cookin' Night, 5:30pm, Extension Office

10/13: Master Gardeners Meeting, Noon, Sammy Brown Library

10/13-14: Junior Leadership Lab, Gilmer

10/15: General Photography, Entomology, and Fall Foliage Photography contest

10/17: Horticulture in the Evening, 5:30pm, Sammy Brown Library

10/19: Panola County Hay Show, 6:00pm, Expo

10/30: Registered Heifer Validation, 6-7pm, Dr. Yates office

11/2: Agricultural Breakfast, 7:00am, Expo

11/3: Master Gardeners Meeting, Noon, Sammy Brown Library

In This Issue:

- Make Your Child's Lunches Munchable
- Scientific Tips to Keep Your Produce Fresher Longer
- 4-H News and Events
- 5 Show Hogs Every 4-H Member Has Raised at Least Once
- Time to Plant Cabbage
- Improving Profits in the Cattle Industry: Keeping Cow Size Moderate
- Staying Vigilant for Armyworms

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife Extension Service

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AGRI LIFE
EXTENSION



Make Your Child's Lunches

MUNCHABLE

University of Nebraska - Lincoln Extension



The secret to making lunches munchable is variety: a variety of textures, colors, sounds and tastes. Keep changing the foods you include to keep lunches fun and ensure your child eats them!

Since children have small stomachs they need every bite of their lunch to be nutritious. Following are 6 tips to make it easier to get healthy food from the store to your child's tummy.

- 1) At the grocery store purchase foods from the MyPlate's five food groups: Protein, Dairy, Grains, Fruits and Vegetables. Children like color! Choose at least six colors of fruits and vegetables.
- 2) As soon as you return home from the store, wash the fruits and put them in a large bowl for quick access. Also prepare vegetables for eating. Let your child help you with the easier tasks like breaking cauliflower into pieces or using cookie cutters to cut fun shapes. Children who help prepare food are more likely to eat it.
- 3) Next divide foods into serving sized containers that are ready to pack in a lunch or serve quickly at home. Slice or cube blocks of cheese. Place relishes in sealable bags or in containers with dip at the bottom of the container.
- 4) On the weekends, do cooking lessons with your child to prepare sandwiches, wraps or reheatable main dishes that can be frozen. Use whole grain bread, tortillas, pita pockets or left-over pancakes to hold the fillings.
- 5) Cheese, diced ham or cooked hamburger, can be added to beaten eggs and baked in muffin tins at 350 °F for 25-30 minutes. Freeze these as egg sandwiches using whole grain English muffins or mini-bagels.
- 6) Make a simple hummus in a blender to serve with vegetables or vegetable chips. Use plain Greek yogurt to make homemade dip with spices your child likes. Hummus, guacamole and Greek yogurt dip can be used for sandwich spread rather than mayonnaise.



Scientific Tips to **KEEP YOUR PRODUCE FRESHER LONGER**

www.WebMD.com

Tomato + Cucumber = Faster Spoilage

The reason is ethylene, a gas from some fruits and vegetables that speeds ripening. It's a big reason for food waste. So store ethylene-emitting foods away from those that are sensitive to it.

Ethylene producers:

- Apple
- Cantaloupe
- Avocado
- Pear
- Tomato
- Pepper
- Banana

Ethylene sensitive:

- Mango
- Asparagus
- Peach
- Onion
- Eggplant
- Grape
- Cucumber

Wash Your Greens

Leafy green vegetables such as spinach and bibb, romaine, red leaf, and other types of lettuce will stay fresher longer if you rinse them in cool water before refrigerating. Toss out any wilted or discolored leaves. Dry the greens in a salad spinner or shake off the water and wrap them loosely in paper towels. Seal them in a plastic bag or container.

Leave the Wax On

Many fruits and vegetables, especially those grown in warm climates, have a natural waxy outer layer to prevent shrinking. Some crops get a coating of artificial wax. Wash it off only just before you're ready to eat. That helps prevent bruising and premature rotting. Coated produce includes apples, lemons, nectarines, oranges, cucumbers, bell peppers, potatoes, and eggplants.

Trim Carrots

Those green tops may be pretty. But they wick nutrients and freshness from the rest of the carrot. Slice off the green tops before storing. Refrigerate trimmed carrots loosely in a plastic bag in the crisper drawer. They should keep for several weeks. Pro tip: Save the greens to make pesto, chimichurri, or salad topping.

Keep Bananas Cool

Your sunny kitchen may be one of the worst places to keep these tropical fruits. Humid, warm air will speed up the browning. Keep them away from other produce. Once they've ripened to your liking, refrigerate bananas to extend their shelf life by a couple of days. The skin may turn mottled, but the inside should stay tasty.

Freeze Ginger

Love the pungent flavor of fresh ginger but never use it quickly enough before it turns gnarly or moldy? Ginger, also called ginger root, can last in your fridge for a few weeks. To keep it longer, toss it in your freezer. Chop, grate, or slice the ginger (no need to peel it). Wrap tightly with foil or a freezer bag to keep out air. It'll keep fresh for at least 3 months.

Let Onions Breathe

Good air circulation is key to keeping decay at bay. Store onions without plastic wrap in a cool, dry spot. If they're sold in a mesh bag, you can hang in on a hook in your pantry. Or make your own ventilated storage with an old, clean pair of pantyhose. Drop an onion in one leg and push it down to the toe. Then tie a knot above it, and drop another onion. Cut onions will keep for several days in the refrigerator.

Chill Berries

Strawberries are among the sweetest harvests of summer. But these tender fruits actually are cold hardy. In fact, strawberries, raspberries, blueberries, and blackberries should be refrigerated below 40 F, or even as cold as 32 F. That lengthens their shelf life. Moisture will turn them mushy or moldy quicker, so wash berries only at the last minute.

Wrap Celery in Foil

Like most vegetables, celery is almost all water. It's also sensitive to ethylene, the ripening gas. Help keep your celery from going limp by tightly covering it in foil and storing it in the crisper drawer. Or you can wrap it in a dry paper towel and put it into a plastic sleeve. The celery should last several weeks.

Bag Your Lemons

A bright yellow pile of citrus can brighten up any kitchen counter. That's also an ideal place to dry out your lemons and limes into hard orbs. But you can keep them juicy for up to a month. Seal the lemons tightly in a plastic storage bag with all the air out and put them in the fridge.

Keep Your Herbs Vertical

Treat cilantro, parsley, and mint like cut flowers. Place them in jars with water and then refrigerate. Bouquets of other soft-stemmed herbs like basil may prefer the warmer temperature on your counter. Or try this: Place fresh dry herbs in a plastic produce bag and blow into it like a balloon. The carbon dioxide from your breath is a known food preservative and can help keep the greens perky.

Vent Your Mushrooms

They're not a fruit or vegetable, but fungi. Mushrooms like to be kept cool and well-ventilated. A porous paper bag is a good choice. Free the mushrooms from their plastic-wrapped grocery container, which can trap moisture. They may keep in the fridge for up to a week. Run them under cool water just before you cook with them.

Deep-Clean Your Fridge

Several things affect how quickly your food spoils. They include light, air, temperature, and time. One you can control is microorganisms like bacteria, mold, and yeast. So wipe down the insides of your refrigerator regularly. White vinegar or soapy water work. Avoid packing too much food on the shelves and drawers so that air can circulate.



ARCHERY PRACTICE

Every Sunday - 3:00pm - Expo

Starting October 1



Panola County

4-H CLUBS

Club Name	Club Manager	Meeting Date & Time
ALPA Adult Leaders & Parents Association	Corie Young 903-692-7737	1st Monday, 6:00pm Extension Office
BECKVILLE 4-H	Brandy Dudley 903-690-1108	2nd Sunday, 2:30pm, Beckville Sunset Elementary
CARTHAGE 4-H	Lee Dudley & Clarissa Moon 903-693-0380	4th Tuesday, 6:00pm Expo Hall
DEBERRY 4-H	Shawntel Wells 903-690-6552	3rd Thursday, 7:00pm 332 CR 310 DeBerry
FAIRPLAY 4-H	Eric Pellham 903-754-2582	2nd Monday, 6:00pm Allison Chapel UMC in Fairplay
GARY 4-H	Jennifer Whitby 903-692-1729	3rd Monday, 6:00pm Gary ISD Cafeteria
SHOOTING SPORTS 4-H	Lee Dudley & Clarissa Moon 903-693-0380	4th Sunday, 3:00pm Expo Hall
STILL WATERS 4-H	Corie Young 903-692-7737	3rd Monday, 6:30pm Still Waters Cowboy Church

Show Star Series

Rusk County Youth Expo Center
Henderson, TX



Saturday **Nov. 11**: Beef, Goat, and Lamb **Clinic**
Sunday **Nov. 12**: Beef, Goat, and Lamb **Jackpot Show**

For More Info Go To:
<https://agrilife.org/etsss>

Panola County JR. Livestock Show

February 26 - March 1, 2024

Show Rules, Entry Forms, & Photo Galleries!



<https://pcjls.net>



Validation Dates

PANOLA COUNTY JUNIOR LIVESTOCK SHOW

September 26, 6:00-7:00pm: Steer validation and entry at Dr. Yates office

November 19: Market Lambs, Goats, and Barrows validation and entry at Panola County Expo

November 26, 2:00-4:00pm: Pen of Heifer validation and entry, location TBD

November 30: Registered Breeding Heifer entry forms due in the Extension Office

December 12: Chicken forms due in Extension Office

February 1, 6:00-7:00: Rabbit validation and entry at Panola County Expo



4-H COOKIN' NIGHT

October 12
5:30pm
Extension Office



We're
Making
Pancakes!

District Photography Contests



October 15 - March 1:

General Photography Contest

Entomology ID Photography Contest

October 15 - December 15:

Fall Foliage ID & Photography Contest

PROJECT FAIR

Planning Meeting

October 10 • 5:00pm
at the Extension Office

• **ALL ARE INVITED** •

BIG TEX[®] SCHOLARSHIP PROGRAM

Don't Miss Your Chance For A

\$6,000

Scholarship Grant

The State Fair of Texas is accepting
online applications for its
Youth Livestock Scholarships.

BIGTEX.COM/SCHOLARSHIP

5 Show Hogs

EVERY 4-H MEMBER HAS RAISED AT LEAST ONCE

By Lee Dudley



Without any doubt, we all know that show hogs have the biggest personalities of all the four-legged animals you will come across at a livestock show. They are as different as the people that show them. Every showman has had one of these hogs, whose personalities are so big the barn wouldn't quite be the same without them.

1) The one that knocks the bottom out of the feeder

This is the kind of hog that feeders and showmen love. You better be on time to feed, because if you're not this guy will let you know. Although he's not a huge fan of the diet he must be on to make weight at the show, you can bet he will be the biggest bodied, freshest middle one on show day because he literally ate everything you threw in his feeder... even if he wasn't supposed to. He's also the crafty one, because he will find any way possible to open that gate and get into the feed room.

2) The Game-Day Player

This one comes to play...but only on the day it matters the most. It doesn't matter how many hours you spend driving him at home, because every time he is just going to walk the fence and squeal in the corner. This one isn't a fan of jackpot shows, he's just simply "too good" for that. You better not use this one for showmanship; he's just not quite into that. It feels like torture waiting in the ring with this one because you just know this hog is going to embarrass you out there. But you get in the ring and everything changes. He floats across the ring like nobody's business; you immediately get penned and win your class.....ugh what a relief!

3) The Loudmouth

If this hog was a person, he would be Donald Trump. This one will let you know that he's there! It doesn't matter whether you are in the practice pen, showmanship ring, or he's just hanging out in his pen. This one has a full range of sounds, anywhere from loud oinks to ear shattering

screams. Again, probably not a showmanship hog, because you'll hear his voice more than the man on the microphone. It's not that he's mad; he just wants his voice to be heard!

4) The Sweet Tooth

This hog loves treats. Marshmallows, Oreos, wafers, if it's sweet, this hog will eat it. This one quickly realizes that if he's going to do something, there better be a reward involved. If he gets on the scale, he clearly earned a sweet treat. If this one get upset in the ring, all you need is a vanilla wafer and everything will be okay. This one is the baby of the show barn, and usually the one your mom just LOVES because he's just as sweet as his favorite food.

5)The "One"

All showmen have had that one hog that was just the "one." This one is the game day player, every day. From the minute you saw this barrow or gilt as a baby, you knew he was special. You barely have to teach him to drive, because this one was born with it. This one never has an off day, never gets sick, and is your favorite hog in the barn. When you get to the show, everyone stares when you drive down the alley. On show day, this one is ready to go and when this one walks in the ring, it's all over.

With that being said, it is time to start looking for your next show hog. You know that one with more personality than anything else in the barn, the one that makes everyone turn their heads as he walks by. Yes, that's right its show season again, time for us to hit the roads in pursuit of one of the five types of hogs you will read about in this article. As always, if you need assistance in finding one, please contact the extension office at (903) 693-0380.

POWER BALLS

2 cups Peanut Butter (creamy)
1 1/3 cup honey
1/3 cup Chia Seeds
1 cup ground flax seeds
1 cup raisins
1/2 cup mini chocolate chips
1/2 cup chopped nuts of your choice
1/2 cup coconut oil
4 cups quick oats



Mix all ingredients together (peanut butter, honey, chia seeds, flax seed, raisins, chocolate chips, nuts, and coconut oil). Add oats until you can roll the mixture into balls. Freeze in containers. All these amounts can be tweaked to your family's liking.

In 20 servings: 446 calories, 25.8 g fat, 9.7 g saturated fat, 47.7 g Carbohydrates, 6.3 g Fiber, 22 g sugar, 11 g protein

Horticulture in the Evening



October 17, 2023

5:30pm

Sammy Brown Library



Topic:

Bee Keeping

Diabetes Support Group Meeting

second Wednesday every Month!

October 10, 2023

10:00am

Sammy Brown Library

Time to Plant Cabbage

By Greg Grant
Smith County Horticulturist



Fall is finally here, and it is high time to plant cilantro, parsley, gumbo onions, mustard, turnips, radish, spinach, Swiss chard, broccoli, and cabbage. Cabbage is a wonderful cool season vegetable with many uses. Perhaps it's my speck of German genetics, but I love it raw or cooked. Just remember that cabbage requires cool temperatures, high fertility, and diligence to keep cabbage looper caterpillars from enjoying their portion. After eating your own sweet-tasting cabbage, you won't want to buy the smelly stuff from the grocery store ever again.

Cabbage is a cool-weather plant that splits and rots when the weather is hot. Its flavor gets stronger with heat too. For cabbage to be tender and tasty the weather must be cool. Cabbage can tolerate frosts but not really hard freezes, so now is the time to plant transplants which are available at garden centers and feed stores. Cabbage transplants should be spaced around 12 inches apart.

Cabbage requires at least 8 hours of direct sun daily to thrive. Plant it in a rich well-drained soil. It is ideal to till in several inches of organic matter (peat moss or compost) into the soil and apply 2 pounds (4 cups) of lawn fertilizer (15-5-10, etc.) per 100 square foot of bed or every 35 feet of row. In small plots or raised beds use 2 teaspoons per square foot or foot of row. Cabbage can also be grown in large whiskey barrel sized containers using potting soil and a slow release fertilizer like *Osmocote*.

Dig holes that are the same size as the existing pots they grew in. Remove from the pots and place the roots into freshly dug holes. Gently firm the soil around them, being careful not plant the plants any deeper than they were growing in their pots. Water them thoroughly with a water soluble plant food (*Miracle Grow*, etc.) at the labeled recommendation.

Fertility is the most critical issues in growing nice heads of cabbage. 2-3 weeks after transplanting fertilize them with 1 cup of high nitrogen fertilizer (21-0-0, etc.) for each 35 feet of row. Sprinkle half of the fertilizer down each side of the row. Lightly work it into the soil and then water. Do this again immediately when you notice heads beginning to form. The main pest problem on cabbage is caterpillars (cabbage loopers) that destroy the foliage. Treat with organic *Bacillus thuringiensis* (B.T., Dipel, Thuricide, etc.) at planting and after each rain. Be on the lookout for aphids too.

Depending on the variety, cabbage is ready to harvest in 65-120 days from transplanting. Harvest the heads when they are firm and solid by cutting with a pair of pruners just below the lower leaves. Leave the coarse outer leaves on for protection until you get ready to use it. Prepare immediately or refrigerate for weeks.

Cabbage, a native of the Mediterranean, is considered a super food providing fiber, nutrients, and cancer fighting antioxidants. With cool weather, good drainage, and high fertility, there's no reason you can't grow your own.



Improving Profits in the Cattle Industry

Keeping Cow Size Moderate

By Lee Dudley



To date, on our journey to help area producers improve profits in the cattle industry, we have discussed the importance of using quality bulls as well as having a defined breeding season. Now as we continue our study, let us look this week at the importance of keeping our cow size moderate. As always, remember for livestock operations to survive market downturns as well as capitalize on the upturns, it helps to get back to the basics, fine-tune operations and plan for long-term management strategies.

Larger cows require more forage to sustain themselves daily, negatively affecting stocking rates. For example, a 1,400-pound cow is two hundred pounds or 17% larger than a 1,200-pound cow and will consume just a little over 14% more forage based on an average daily intake of 2.5% body weight. When looking at this example, we see why stocking rates must be re-evaluated if you change your average cow size from 1,200 to 1,400 pounds. If you cannot increase the forage production, you will have to decrease the stocking rate by 11% fewer cows to still have enough forage for the number of cows in the pasture. In theory, larger cattle should wean heavier calves, often, this increase is not adequate to offset reduced cow numbers nor the associated input costs of the heavier cows. In conclusion, moderation in size cattle can more time than not, help the bottom line.

Join us next time as we discuss more strategies you can implement to better take advantage of the market upturns in calf prices while minimizing the downturn. And remember, the differences between a hobby farmer and a professional are, one pays to run cattle, while for the other, the cattle pay to run themselves. For more information pertaining to this topic or other questions you might have, feel free to call your Panola County AgriLife Extension Agent at (903)693-0380 or stop by and visit with us at our new office located at 316 W. Sabine St. Carthage TX. Just down from the County courthouse and remember we always have coffee on.

Ag Industry Breakfast

October 2
7:00am | Expo



Topic:
Feral Hogs

Harrison/Panola WILDLIFE INFORMATIONAL MEETING

TUESDAY, OCTOBER 3

Crossroads Baptist Church
11763 FM 31 | Marshall, TX 75672

Vendors and Exhibits Open at 5pm
Catfish Dinner and Program at 6pm

FREE EVENT

Staying Vigilant for Armyworms

By Lee Dudley

As Oldtimers say, you'll get rain when the drought is over. However, if you have been in Texas any time over the past decade, the trend seems to be, rain events are a simple reprieve as we move from one drought to the next, well here's to hoping that is not the pattern this time, as we transition from summer to fall with majority of the county now receiving rain over the past few weeks.

With the rains, many area producers made the management decision to get fertilizer out in hopes of an October hay cutting to make up for short supplies. However, with the green up and refreshing of our area warm season forages, we must remember to stay vigilant for armyworms which can occur in very large numbers, consuming a field overnight, moving in large masses or "armies" to adjacent fields in search of more food. Just this past Sunday while at church I received word of an army worm sighting from fields here in Panola County. So now is the time to start scouting fields daily and make certain your sprayers are ready for any emergency.

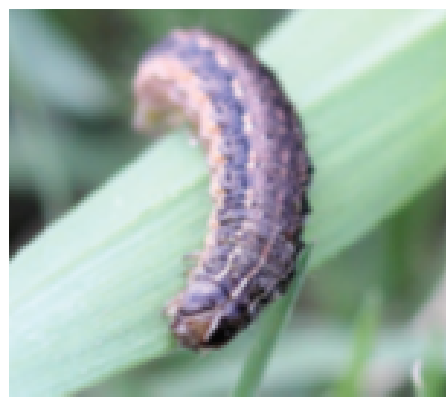
Not being able to overwinter for the most part in the area due to our cold temperatures, the eggs they hatch from are deposited here by the moths that fly north from South Texas, re-infesting the area each year. With outbreaks often occurring in late summer and fall following periods of rain, which create favorable conditions, just as the weather we just had. Armyworm moths lay their eggs, which can be as many as 2000 in masses of up to 50 eggs on grass leaves, hatching in 2-3 days of being laid, making it hard to find them at this stage.

Fall armyworms are green, brown, or black, with a distinct white line between the eyes forming an inverted "Y" pattern on the face. There are four black spots aligned in a square on top, near the back end of the caterpillar. Armyworms are very small at first, causing little plant damage; as a result, infestations often go unnoticed. The caterpillars feed for 2-3 weeks reaching a size of 1 to 1.5 inches at maturity, before pupating. It is at the end of their larvae stage where they consume roughly 80% of their total food intake. Fortunately, this stage in the life cycle last only a few days. Given their large appetite, number, and mobility, armyworms can damage entire fields in a few days or even hours.

Once the worms complete feeding they tunnel back into the ground, entering an inactive non-feeding stage where they transform into pupae for 7-10 days at which time they re-emerge as the armyworm moth repeating the cycle again. In all, development from egg to adult requires about four weeks during the warmer summer temperatures and is longer during cooler fall weather, allowing for several generations a year.

The key to being able to manage armyworm outbreaks is early detection before they can cause economic damages. Armyworms primarily feed during the night or on cloudy cooler days. For most days, look for the larvae under loose soil and fallen leaves on the ground beneath the grass canopy. Presence of chewed leaves can indicate their presents. Once the larvae reach a size greater than 3/4 inch, the quantity of leaves they eat increases dramatically, which is one reason infestations can go un-noticed.

For more information pertaining to this topic or other questions you might have, fill free to call your Panola County AgriLife Extension Agent at (903)693-0380 or stop by and visit with us at our new office located at 316 W. Sabine St. Carthage TX. Just down from the County courthouse and remember we always have coffee on.



←
**Inverted "Y" on
head of Fall
Armyworm**

**PESTICIDE REFERENCE
CHART ON THE
NEXT PAGE!**

Active Ingredient <i>Sample Trade Name</i>	Armyworm Control	Grazing/Haying Restrictions
S-Cyano <i>Mustang Maxx*</i>	2.8-4.0 oz/ac	No Restrictions
Diflubenzuron <i>Dimilin 2L*</i>	2 oz/ac	1 day
Carbaryl <i>Sevin XLR Plus</i>	1-1.5 quarts/ac	Do not apply within 14 days of harvest or grazing
Cyfluthrin <i>Tombstone*</i>	1.6-1.9 oz/ac**	No Restrictions
Chlorantraniliprole <i>Prevathon</i>	14-20 oz/ac	No Restrictions
Chlorantraniliprole+ Lambda-cyhalothrin <i>Besiege*</i>	6.0-10 oz/ac	No Restrictions
Malathion <i>Malathion 57EC</i>	2 pints/ac	No Restrictions

For reference ONLY. Read label for complete information.

*= Restricted Use Pesticide (requires Texas Pesticide License to purchase)

**= 1st & 2nd instar (first two stages of the caterpillar's life cycle, usually 2-6 millimeters long)

PANOLA COUNTY HAY SHOW

October 19 Panola County Expo Hall

5:30pm Registration

6:00pm Meal and Awards

RSVP by October 16 at 903-693-0380

Topic: Grazing Management and Soil Health
by Dr. Olson





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